

FOCUS ON FAMINE



'It's hard to be hopeful in this horrible situation'

Adil Al-Serri, **metroNEWS plus metroVIEWS**

Toronto metro

ANNE VS. BELLE
The great feminist debate
metroVIEWS



Your essential daily news | WEDNESDAY, MARCH 29, 2017

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Hundreds set a world record for Einstein lookalikes.
TORSTAR NEWS SERVICE

HEY, EINSTEIN!

Toronto shows off its smarts with clones of physicist **plus**
Institute to bring back our best brains **metroNEWS**

Fate of Corktown cubes in question

REAL ESTATE

Tenant fears buyer may not save homes on valuable land



One of Toronto's quirkiest homes is on the market, leaving its future uncertain.

The green cubes at 1 Sumach St., instantly recognizable to any driver getting on or off the Don Valley Parkway, have been on sale for a few months, said realtor Arthur Crapopoulos.

He said the owner wants "up in the high \$3 millions" for the structure and the land it sits on. The three cubes take up minimal ground space but are roomy inside at about 1,300 square feet per unit, he added.

The Corktown cubes were inspired by Dutch homes — now a tourist destination in Rotterdam — designed as an affordable option within a compact area.



If you have over \$3 million you can snag the Corktown cubes. EDUARDO LIMA/METRO

Martin Trainor, a tenant in the cubes for the last 15 years, said the Toronto versions were built in 1996 by a developer who hoped to one day add more in an area then considered "a wasteland."

The land is now so valuable it may not be the best spot for the unique design, said Trainor.

He hopes the Canadian cubes might be saved, even if that means moving them or incorporating them into a future design.

"They're currently a landmark," he said. "This beautiful little emerald."

Owner Tom Michalopoulos was not available for comment.

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'There's no safe dose'



FENTANYL

Wife mourns husband, warns casual drug users

Genna Buck
Metro | Toronto



On Feb. 11, Oghenovo Avwunufe was a perfectly healthy 25-year-old.

He had a degree in political science, but was fuelling his passion for sneakers with a job at an Adidas store in Toronto. He was savouring the honeymoon phase of his relationship with Jody McLennan, whom he married in August.

"He was a loud person. He was always joking around. Wasn't the least bit shy. He was always having fun, making noise, dancing," McLennan, 39, said. "He had a lot of life in him."

On Feb. 12, he was dead.

The previous night, McLennan went to a show with a friend and Avwunufe had a couple of friends over.

Unbeknownst to her, he snorted a couple of lines of cocaine, which he did once in a while. He didn't even take enough for her to notice he was high.

He fell asleep. She crashed on the couch. Then, in the early hours of the morning, "I went to wake him to say we should go downstairs to bed. And he wasn't alive anymore," McLennan said. She called 911, and started CPR. But it was too late.



Jody McLennan is speaking out after the untimely death of her 25-year-old husband from a fatal overdose she suspects was caused by fentanyl or carfentanil-laced cocaine. "Most of us are unaware that (fentanyl) is in all street drugs right now," she said.

EDUARDO LIMA/METRO

Police told McLennan the coke was likely laced with fentanyl, a powerful painkiller 50 to 100 times stronger than morphine.

A dose the size of two grains of sand is enough to kill an adult. It's not meant for people who haven't built up a tolerance to opiates. It's dangerous to handle without gloves.

Now, McLennan said, she's speaking out about the dangers of tainted street drugs in hopes

that others won't become "another statistic" like her husband — one of the skyrocketing number of Canadians dying every year from opiate overdose.

Especially those who, like Avwunufe, didn't even know they were using an opiate.

Fentanyl and related painkillers, mostly made in illegal labs in China, are showing up in a huge variety of recreational street drugs — and unless you happen to be a chemist, there's

BY THE NUMBERS

4.8%

The percentage of cocaine contaminated with fentanyl. SOURCE: CANADA'S NATIONAL DRUG TESTING LAB

21.6%

The percentage of heroin contaminated with fentanyl.

90%

At STS Pain Pharmacy in Victoria B.C., which specializes in addiction care, more than 90 per cent of the samples they've tested had fentanyl. Along with the usual suspects, it was also found in MDMA.

no sure-fire way to spot a bad batch.

The most recent data from Canada's national drug testing lab shows that, as of March 2016, 21.6 per cent of heroin and 4.8 per cent of cocaine is contaminated with fentanyl.

The drug has also been found in methamphetamine, codeine and alprazolam (Xanax). A variant has even showed up in blotter sheets being sold as LSD in Manitoba.

At STS Pain Pharmacy in Victoria B.C., which specializes in addiction care, clients can bring in street drugs to have them

tested for contaminants like fentanyl.

The results, said staff pharmacist Jarred Aasen, have been staggering: More than 90 per cent of the samples they've tested had fentanyl. And it wasn't just in the usual suspects like heroin and counterfeit OxyContin, but also cocaine and the popular party drug MDMA.

Dip-stick tests for detecting fentanyl — like the ones available from harm-reduction stations at some music festivals — are not all that useful, Aasen explained. They don't tell you how much fentanyl is present. And they can't detect any of the drug's dozens of chemical variants, which are everywhere, or its much more poisonous cousin carfentanil — a large-animal anesthetic not approved for any use in humans.

"Always assume there's fentanyl," Aasen said. "And there's no safe dose (of fentanyl)."

As to why fentanyl is showing up in drugs where it has no business being? "It's a big question mark," Aasen said. It's been suggested that drug makers are using fentanyl as a filler because it's simple to make and it only takes a tiny amount to get high.

For now, McLennan would like recreational drug users to keep naloxone, a drug that can help reverse the effects of an overdose, on hand — and inform themselves about the risks.

"If I had asked him before he passed away about fentanyl, I don't think he'd even know what it was. If we both had been more educated, we could have made better choices."

Man shot downtown

A man was rushed to hospital after he was shot downtown early Tuesday morning, said Toronto police. Police said a man in his 30s was shot around Adelaide St. E. and Ontario St. at around midnight.

TORSTAR NEWS SERVICE

Power plant plan scrapped

Residents of the Mount Dennis community are breathing easier after Metrolinx agreed to scrap plans to build a gas-fired power plant in their neighbourhood. Ontario Transportation Minister Steven Del Duca and York-South Weston Liberal MPP Laura Albanese announced a build a battery energy storage system instead.

TORSTAR NEWS SERVICE

Family of filmmaker files wrongful death lawsuit

The family of Toronto filmmaker Rob Stewart, 37, who died during a shark filming excursion off the Florida Keys filed a wrongful-death lawsuit Tuesday.

THE ASSOCIATED PRESS

Metrolinx CEO moving on

After nearly seven years at the helm of Metrolinx, Bruce McCuaig is stepping down as president and CEO of the regional transit agency.

Metrolinx announced Tuesday that McCuaig is leaving his post and will be taking a job in the federal government as an executive advisor at the new Canada Infrastructure Bank. TORSTAR NEWS SERVICE



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Even more mumps cases

DISEASE

City health officials say 21 confirmed in just two weeks



May Warren
Metro | Toronto

Toronto Public Health has confirmed 21 new mumps cases in the city, bringing the total number of cases to 64.

Five cases are among staff or students at four different public schools, wrote Toronto's associate medical officer of health, Vinita Dubey, in an email to Metro. Four are confirmed at Ryerson.

"While the cases previously had a link to west downtown bars, there is now broader community spread," Dubey added.

Given that the incubation period is two to three weeks officials won't know until then whether the new people with mumps have infected others.

Dubey recommends people check their vaccination records, as the Measles Mumps Rubella (MMR) vaccine is "still the best protection against mumps."

MAPPED | Record-breaking outbreaks

Health official Vinita Dubey says there are more mumps 'than the city has seen in the past 20 years.' Here's some of what we know.



SOURCE: TORONTO PUBLIC HEALTH

ANIMAL WELFARE

Guide-dog users want out of choke-chain ban

A bylaw banning choke chains and pronged dog collars could be back before Toronto city council as early as Tuesday after groups who use guide dogs asked for an exemption from the new rules.

The bylaw, which kicked in earlier this month, is being challenged by both the Canadian National Institute for the Blind and Guide Dog Users of Canada.

Coun. Jon Burnside recommended that council revisit the ban after he was contacted by the CNIB, which he said wants an exemption for the use of

choke collars in training guide dogs.

"These are all professionals," he said, who use these collars in a "very humane way."

The CNIB says it was not consulted before the ban went into effect, and wants organizations serving the blind community consulted whenever "decisions that affect us are being made."

Burnside said he is "pretty confident" that the item will be reopened, and "pretty sure" that the bylaw will be amended.

TORSTAR NEWS SERVICE



PASSING SO LONG, SAMSON Samson, a river hippo born at Quebec's Granby Zoo, died Tuesday at the Toronto Zoo aged 43 (normal life expectancy for his species is 36 years). His remains were sent to the University of Guelph's Ontario Veterinary College. TORSTAR NEWS SERVICE

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My friends wondered what I was doing differently...

I LOST 65 POUNDS WITH ZUCCARIN DIET

"My name is Josephine and I live in Toronto. I work as a nutritional planner for hospital patients. All my life I have struggled with my weight but over the last year I have finally figured it out. I am down 65 pounds now and feeling better than ever. My friends and my aqua fitness instructor keep asking me what I am up to and how I lost so much weight.

I READ ABOUT ZUCCARIN

A few years back I was told my blood sugar was too high. I was tired, craving sugar and not losing weight, so the diagnosis didn't come as a surprise. My doctor wanted to start me on medications, but I wanted to try a natural option first.

I read about a woman in Florida who had regulated her blood sugar levels naturally and while doing that lost a big amount of weight. She had been using a mul-

berry leaf supplement called Zuccarin.

MY WEIGHT LOSS SUCCESS

When I started using Zuccarin I first noticed that my blood sugar dropped to normal levels within days. It was great to see that result from a natural health product.

After a while I noticed how much better I felt and how my sugar cravings were fading. As a nice side effect, I was gradually losing weight, and noticing how my waist was shrinking. I was thrilled!

Now it has been over a year, and I have lost 65 pounds in total. Zuccarin has been a huge help in reducing my sugar cravings and weight. Now, when anyone asks me how I did it, I am the first to tell them about Zuccarin. I strongly recommend it to anyone who has blood sugar or weight issues, as I had."

Josephine T., Toronto, ON



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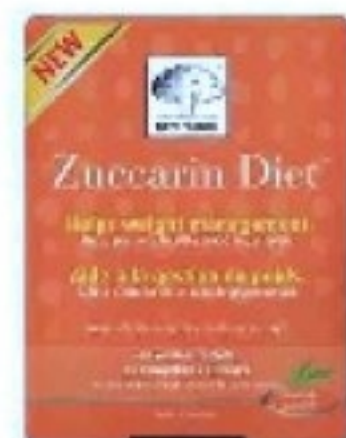
A recent Italian study of Zuccarin showed the impressive weight loss results of blocking carbohydrates. Zuccarin produced an average weight loss of 20 pounds in 90 days. The diet group lost 10% of their weight and 3 times more fat than the people in the control group.*



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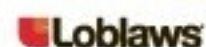


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Police sported rainbow colours on their vests during the Pride parade along Yonge Street last year. TORSTAR NEWS SERVICE

Pride sharing 'good vibes' with police

CITY HALL

Proposal to defund parade strengthening relationship



Sarah-Joyce Battersby
Metro | Toronto

A city hall proposal to defund Pride has reignited debate over police involvement in the festival — but won't derail efforts to find common ground, say police and Pride spokespeople.

"If anything it's strengthening them," Olivia Nuamah, Pride's new executive director, told Metro News. She said it makes the organization feels it's important and "the only place" to have constructive talks about issues in the LGBTQ community.

Toronto Police spokesperson Mark Pugash said regardless of what might be on the table at city hall, Chief Mark Saunders is still in active talks with Pride.

Saunders has met with Nuamah and "got good vibes from her," Pugash said.

The chief declined to comment on the proposal when asked by reporters on Tuesday.

In addition to talks with police, Nuamah has been meeting one-on-one with councillors since taking the Pride job six weeks ago. But she has yet to sit down with John Campbell, the Etobicoke councillor behind the draft proposal.

Campbell proposed the city withhold funding not to punish Pride, he said, but to "encourage discourse" and send a message he does not condone excluding police.

In 2016, council approved a \$260,000 grant. The funding typically accounts for about 10 per cent of Pride's budget.

Campbell said he has support from a handful of councillors, though of the five contacted by Metro only Jon Burnside responded to confirm he supports the draft motion. In an emailed statement Coun. Mark Grimes said he supports any efforts to include police, but he draws the line at defunding Pride.

Threats to cut funding are



What we have done is become robust in understanding what concerns our stakeholders have.

Olivia Nuamah

nothing new for Pride. And though Nuamah says the organization is used to it, that doesn't mean they have learned to deal with it.

"What we have done is become robust in understanding what concerns our stakeholders have," she said.

Black Lives Matter Toronto co-founder Janaya Khan said the draft motion shows a lack of understanding of police interactions with racialized communities.

They criticized straight and cis-gendered people who have told queer and trans people how to organize for years and added "it's important for people to step aside when marginalized voices finally have a seat at the table."

TIMELINE | Pride funding at a glance

1993: The city pledged \$1 million to renovate Buddies in Bad Times Theatre, but some councillors delay its release saying council can't spare the funds. Others allege homophobia.

2005: Councillors Rob Ford, Mike Del Grande and Denzil Minnan-Wong vote against funding Pride.

2010: Pride applies for and is denied a federal tourism grant. Stephen Harper's government cites a two-event cap. In this case Luminato and the Royal Agricultural Winter Fair won out.

2014: John Tory, during his mayoral campaign, reignites the debate when he asserts city funding should be denied if QuAIA is allowed to participate. In **2015**, the group disbanded.

2011: City council delays Pride funding until after the festival over concerns inclusion of the group Queers Against Israeli Apartheid (QuAIA) breaks with the city's anti-discrimination policies. City lawyers later debunk the concern.

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TRANSIT

TTC takes stand on escalator etiquette



The TTC would like riders not to walk on escalators.

TORSTAR NEWS SERVICE

If there's one thing that bugs Richard Pietro, it's getting stuck behind people standing side-by-side on the escalators in Toronto's subway stations.

Beyond common courtesy, yielding to people who want to walk on escalators might seem like an easy way to help commuters get through the stations faster. But the Toronto Transit Commission says people who insist on walking up or down escalators actually pose a danger to themselves.

"We had seen some incidents of people slipping and falling," TTC spokesperson Stuart Green said in an email.

Many escalator users still observe an unspoken rule of standing on the right side and walking on the left. And once there were signs in TTC stations telling commuters to do just that.

Those signs were taken down about 10 years ago, according to Green.

The main danger in treating

escalators as stairways is that escalator steps are slightly taller than traditional steps, said Patrick O'Connell, a spokesperson for escalator manufacturer Kone.

"Psychologically, as well as instinctively, from the time that we are able to walk, we are trained in the first steps, probably of a home, to that seven inches. When you rise another inch and a half, it creates a bit of a tripping hazard."

TORSTAR NEWS SERVICE



Nuradin Mohamed-Nur is part of a group spreading positive message about Somalis in Toronto. EDUARDO LIMA/METRO

Project aims to change narrative

COMMUNITY

Program gives Somali youth a voice



May Warren
Metro | Toronto

Entrepreneurs, community-builders, students.

Those are the kinds of words that 18-year-old Nuradin Mohamed-Nur wishes came to mind more when people think of Toronto's Somali population, instead of labels like drug dealer or gang member.

He's one of 12 Somali youth who are part of a new program called Project Toosoo that tries to elevate young voices and help correct negative narratives of their community in the media.

"When we see Somali Canadians in the news it usually means either they're involved in criminal activities or drugs," said Mohamed-Nur, a student at York's Glendon campus.

"I want people who aren't a part of the Somali commun-

ity, looking from the outside to know that the narratives they see are extremely one dimensional and they don't portray the nuances of the Somali community I see."

Recent depictions like the CBC show *Shoot the Messenger*, loosely based on the saga of late former mayor Rob Ford, have only reinforced stereotypes, he added.

Toosoo loosely translates into "straighten, to stand upright," said co-creator Hibaq Gelle.

The program runs monthly for 12 months. Funded through the Laidlaw Foundation, it offers media training, and also connects youth with Somali

elders, and other leaders from the community.

Twenty-two-year-old Samira Warsame is also part of Toosoo.

Her final project is a photo series of Somali women that's meant to show their dedication

and resiliency.

For her it's about giving people the opportunity to see beyond labels.

"It's kind of just a space of for us to be empowered," she said.

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Toronto's getting smarter...

With \$150M in corporate and public backing, a new artificial intelligence institute is coming to the city. The aim is to help Canada's technological talent stay in the country, rather than leave to work for U.S. giants.

Toronto will host a new institute devoted to artificial intelligence, a major gambit to bolster a field of research pioneered in Canada but consistently drained of talent by major U.S. technology companies like Google, Facebook and Microsoft.

The Vector Institute, an independent non-profit affiliated with the University of Toronto, will hire approximately 25 new faculty and research scientists. It will be backed by over \$150 million in combined public and corporate funding in an unusual hybridization of pure research and business-minded commercialization goals.

The province will spend \$50 million over five years, while the federal government, which announced a \$125 million Pan-Canadian Artificial Intelligence Strategy in last week's budget, is providing at least \$40 million, backers say. More than two dozen companies have committed millions in funding over 10 years, including \$5 million each from

a tier of sponsors that includes Google, Air Canada, Loblaws, and Canada's five biggest banks.

The mode of artificial intelligence that the Vector Institute will focus on, deep learning, has seen remarkable results in recent years, particularly in image and speech recognition. Geoffrey Hinton, who is considered the "godfather" of deep learning for the breakthroughs he made while a professor at U of T, has worked for Google primarily in California since 2013.

Hinton will move back to Canada permanently, leading a new research team based at the tech giant's Toronto offices and acting as the chief scientific adviser of the new institute.

Researchers trained in Canadian artificial intelligence labs fill the ranks of major technology companies such as Facebook, Microsoft, Yahoo, Apple and Google,

working on tools like instant language translation, facial recognition, and recommendation services. Academic institutions and startups in the Toronto-Waterloo corridor, Montreal, and Edmonton boast leaders in the field, but some have left for American universities and corporate labs.

The goals of the Vector Institute are to retain, repatriate and attract AI talent, to create more trained experts, and to feed that expertise into existing Canadian companies and budding startups.

TORSTAR NEWS SERVICE

It's all relative

A sea of white beards and baggy blazers filled the MaRS Discovery District in Toronto on Tuesday trying to break the Guinness World Record for the largest gathering of people dressed as Albert Einstein. With 404 phoney physicists, the crowd smashed the record of 304, held by a school in California. The event was organized to kick off the Canadian Friends of the Hebrew University of Jerusalem's The Next Einstein contest, a \$10,000 prize for innovation open to applicants across North America. SARAH-JOYCE BATTERSBY/METRO



EDUARDO LIMA/METRO

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Feds' help needed to cool market

HOUSING

Sousa says there's a limit to what Ontario can do

Finance Minister Charles Sousa is injecting some reality into the real estate market.

Sousa admitted Tuesday there is a limit to how much

he can do to cool off Toronto's scorching house prices without help from the federal government.

"There are individuals that are going into subdivisions that are buying 10, 40, 50 homes — holding paper — and flipping it ... and they're crowding out families who are trying to buy," the treasurer said.

"We can't do that without the CRA," he said, referring to the Canada Revenue Agency.

The provincial government had hoped federal Finance Minister Bill Morneau would increase the capital gains inclusion rate for non-principal residences in last week's budget.

With the average detached Toronto home having jumped 35 per cent year over year to \$1.5 million last month, Sousa asked Morneau to make the tax change.

"Those were some of the

requests that were made in terms of what degree of capital gains can we not exempt," the Ontario minister said.

Currently, only 50 per cent of the capital gain on a non-principal home counts as taxable income, which has led to speculators flipping houses in the red-hot Greater Toronto market.

While Morneau did not act, Queen's Park is considering its options to help make housing

more affordable.

One option is a British Columbia-style tax on foreign homebuyers.

But provincial insiders warn it would not have as much impact on the Toronto market as it had out west.

There is also a risk of the measure leading to fewer rental units because many foreign investors buy condos in Toronto and then lease them out.



Charles Sousa.

TORSTAR NEWS SERVICE



Mayor John Tory speaks as city council debates the one-stop Scarborough subway extension on Tuesday. TORSTAR NEWS SERVICE

CITY HALL

Subway extension moving forward

Mayor John Tory and his allies have rejected a request for a value-for-money comparison between the proposed one-stop subway extension and a light-rail alternative before voting to move forward with the \$3.35 billion subway plan.

"We've got to get on with this," Tory told reporters after the vote Tuesday night, following arguments he made at council that no one would doubt it was a wise investment decades from now. "I think there's been plenty of sources of information put in front of people."

For hours earlier on the floor of the council chamber, city staff — including the head of the public service, city manager Peter Wallace — repeatedly explained they had been directed by council

to bring forward a subway plan and that they had never been directed to do the comparison with an LRT, nor had it ever been provided.

Asked if it was possible to conclude the subway is better value for money, Wallace said, "We obviously would not know the answer to that in advance of doing the work."

Coun. Josh Matlow made a motion to ask staff to provide that business case analysis. The motion failed 27 to 17 without Tory's support.

Council voted 26 to 18 to advance the design work of a 6.2-kilometre subway tunnel aligned with McCowan Ave. to the Scarborough Town Centre.

"I think it's reckless, it's irresponsible and it's disappointing," Matlow said after the vote. TORSTAR NEWS SERVICE

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Businessman's donation makes Canadian history

BRITISH COLUMBIA

'Revolutionary' \$75M gift will help build new health campus



Wanyee Li
Metro | Vancouver

Vancouver business icon Jim Pattison is donating \$75 million to the St. Paul Foundation to build a new 18-acre medical centre, destined for the False Creek Flats.

The gift is the largest donation from a private citizen to a medical facility in Canada's history.

In a move that St. Paul Foundation CEO Dick Vollet describes as "truly revolutionary," Pattison's donation will help the foundation build a fully integrated healthcare campus from the ground up. The entire campus will bear Pattison's name and house St. Paul's Hospital, a three-acre research building, and centres of excellence for HIV/AIDS, heart and lung, substance use, and more.

The well-known philanthropist was gracious about his role in the project as he motioned to the people around him in an announcement Tuesday morning.



Jim Pattison announced he would donate \$75 million to the St. Paul Foundation. WANYEE LI/METRO

"These folks came to see us and said they needed some help," said the 88-year old.

The Pattison Group pulls in \$9.6 billion in sales every year and employs 42,000 people, according to its website.

Pattison has already donated millions of dollars to various hospitals in B.C. throughout his life but this latest gift is the largest by far.

It will revolutionize healthcare for people all across the province, said Vollet.

The B.C. government has said it is contributing \$500 million

to the project, which will see St. Paul's Hospital move from its downtown location to the False Creek Flats by 2023.

It's a rare chance for authorities to design a large medical centre from the ground up.

"The opportunity to build a completely new health campus in B.C., particularly in an urban environment, will not happen again in our lifetime," said Dr. Jeff Pike, physician lead for the relocation project.

And while Pattison is not involved in the project design, Pike says the donation shows

his commitment to the St. Paul Foundation's healthcare goals.

"I can tell you that the most important thing to him is supporting our shared vision together," said Pike.

"He has not been demanding of what that looks like or how his name is held forward."

But Vollet predicts this healthcare donation will put Pattison's name up there with the likes of John Hopkins and Mayo.

"The Jim Pattison Medical Centre will stand among the world's great healthcare centres."

NOVA SCOTIA

Too many snow days is a crisis: expert

It is "bizarre" how often Nova Scotia schools are closed because of weather, and the number of days lost this year amounts to a crisis, an education expert said Tuesday.

Paul Bennett, director of Schoolhouse Consulting in Halifax, said there has been an average of 12 lost days this school

year in the province due to inclement weather — including closures at many boards Tuesday.

"This is unusual. In fact, I dare to say no one else does it. No one does it with the frequency we do it. It's bizarre," said Bennett, an education analyst who has written numerous books and reports.

In a statement Tuesday evening, Education Minister Karen Casey said the final decision to cancel school rests with individual boards, but added that the situation is "far from a crisis."

Bennett compared the frequency of weather-related school cancellations in Nova Scotia to other regions in Canada,

such as Winnipeg, which in some years has not had a single snow day.

He said Nova Scotia school boards are too cautious.

In her statement, Casey noted that Nova Scotia has five days built into the school calendar for weather-related cancellations.

THE CANADIAN PRESS

IN BRIEF

Former asylum seeker looks to Supreme Court

Jose Figueroa, who became a permanent Canadian resident after spending two years in sanctuary in a British Columbia church, is looking to the Supreme Court of Canada to clear his "tarnished" name after the Federal Appeal Court scuttled Jose Figueroa's most recent court bid to receive a certificate from Canada's minister of foreign affairs declaring that the man is not a terrorist.

THE CANADIAN PRESS

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JOANNE KAASHOEK

Flagging a long wait

CANADA

Order your free Peace Tower flag now, enjoy in 60 odd years

Ryan Tumilty
Metro | Ottawa

If you're looking to fly a Peace Tower flag on your own flagpole, your wish can come true — but it'll take a while.

Since 1994, every Canadian has been eligible to receive a flag from the tower or from a few other spots on Parliament, free of charge. But the waiting list is getting very long.

I should know. I filed a request two weeks ago and, as of today, I can expect to wait 68 years to receive my very special maple leaf.

Given my age (34) and what I know about my genetic makeup — not to mention my approach to exercise and diet — the best I can reasonably hope for is that the flag will be lovingly placed over my coffin after a flying electric hearse has delivered my 102-year-old body to, I hope, a well-attended service sometime in 2085.

My nephew, born last month, might receive the flag, which I plan to put in my will, as a retirement gift.

Magda Hovjacksy, director of ministerial correspondence for Public Services Canada, said

Canadians understand the symbolic and sentimental value added to the flag itself, which measures 2.3 metres by 4.6 metres. And that, she said, explains why the waiting list has unfurled to such prodigious lengths in recent years (Canadians receiving flags today applied a mere 12 years ago, in 2005.)

"To receive a flag flown from Parliament Hill is to receive a piece of our history," she said. "Accelerating this journey would take away from its uniqueness."

Flags from West and East Block are also available, but even they would take 55 years to arrive if you placed your request today.

Hovjacksy said that, since the program first launched, more people have come to learn about it and have become interested.

She said that when the department reaches out to confirm an address before sending a flag, the recipient is always excited.

"We get a lot of photos of people with the flag they received. We get a lot of appreciation of that," she said.

Hovjacksy expects another swell in applications this year, in honour of Canada's 150th anniversary.

Centre Block and the Peace Tower are expected to be closed for a massive rehabilitation next year, but Hovjacksy said the main flag will still be changed daily — weather and safety permitting — throughout the project.



Any Canadian can request for a free Peace Tower flag but they may face a wait of several decades. THE CANADIAN PRESS/ADRIAN WYLD

WINNIPEG

Small suites bring big backlash

Jessica Botelho-Urbanski
Metro | Winnipeg

News of plans to turn a Winnipeg inn into micro-apartments spurred social media backlash on Monday.

The mixed-use plans being considered for the city's Osborne Village Motor Inn would see commercial space on the main and basement floors, with tiny rental units available on the upper levels starting next spring, said Ken Yee, senior vice-president with Cushman Wakefield Winnipeg.

The suites would range in size from 275 to 450 square feet with rents spanning \$975 to \$1,400, Yee said.

"I wouldn't ever pay these prices for such a tiny place," one Metro reader commented on Facebook. "But that's me, I'm sure someone will."

"OMG!!!!!! Let's pay WAY too much money for tiny apart-



Compact living arrangements proposed for a Winnipeg Inn are already popular in other cities. CONTRIBUTED

ments next to a fire hall! This is what everybody will want!" said another reader.

"This idea gave me cancer," a third person wrote.

Jino Distasio, director of the Institute of Urban Studies at the University of Winnipeg, said the compact living arrangements being proposed are already popular in other cities, but have rarely been tested here.

"The market ends up dictating whether or not it works in Winnipeg," he said. "(After) the

immediate reaction (by readers), maybe the developers are scratching their heads and thinking, 'Do we need to workshop this a bit more?'"

Distasio said Osborne Village residents are traditionally protective of their neighbourhood.

"Anytime something happens in the Village there is an immediate mobilization of scrutiny," he said. "This is a pretty visible location so I think people were hoping for a signature something."

GERMANY

Stolen gold coin probably melted already

A former RCMP organized crime specialist has some ideas of what happened to the world's largest and purest gold coin, a 221-pound Canadian whopper called The Big Maple Leaf — stolen this week from the Bode Museum in Berlin.

"It could be melted into slabs already," said Chris Mathers, who worked undercover for years against organized crime groups and now heads a Toronto-based security company.

The Big Maple Leaf is almost pure gold, making it into the Guinness Book of Records for its purity of 999.99/1000 gold.

While the coin's face value is 1 million Canadian dollars, its gold content alone is worth about six times as much.

There's a chance they might try to ransom the gold back, but that involves a high level of risk. Far better to sell it to someone in the gold business on the international black market, Mathers said. TORSTAR NEWS SERVICE

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Displaced children stand outside their tent in the Dharwan camp of Amran province, north of Yemen's capital of Sanaa. The ongoing conflict has pushed thousands of children into severe malnutrition.

GETTY IMAGES

Yemenis fight to keep hope alive

Millions have been displaced as war hampers humanitarian intervention



Gilbert Ngabo
Metro | Toronto

Wyle Baoween isn't sure if he'll ever realize his dream.

The Yemeni-Canadian entrepreneur based in Vancouver has always wanted to go back to his native country and start a business. But the ongoing war and a looming famine have left his hopes in shambles.

"I'm very devastated," said Baoween of the emergency that's left millions of Yemenis on the brink of a famine and pushed thousands of children

into acute malnutrition.

"Yemen was already the poorest country in the Middle East, and now even the little hope that was there is ruined."

The United Nations has already declared the situation in Yemen the largest humanitarian crisis in the world, with two-thirds of the entire population in need of immediate assistance.

Over three million people have been displaced, and humanitarian interventions are hampered by ongoing hostilities.

After visiting the country earlier in March, a UN official



told the Security Council that \$2.1 billion in funding is needed to save at least 12 million Yemenis — otherwise they will "simply starve to death."

Baoween, whose family members are "scattered all over the world" due to the conflict, said he's worried about Yemen's future.

“

We don't really know what else to do.

Adil Al-Serri

"No one is working; militias are taking kids and forcing them into fighting. It's just scary," he said.

Adil Al-Serri, a Yemeni living in Toronto since 2008, said his father owns a grocery store in Sanaa, but people

have been "simply taking stuff out" without paying.

"He's going out of business because no one has money to pay," said Al-Serri. He's heard stories of people trying to sell off their cars and clothes in order to buy food.

Members of the Yemeni-Canadian community are collecting donations to send to the country through different NGOs working on the ground.

"We don't really know what else to do, but it's hard to be hopeful in this horrible situation," he said.

ABOUT THIS SERIES

Metro is chronicling the story through the lens of immigrants from the affected countries, with a focus on how people can get involved.

Monday Vicky Mochama on how Canada can step up its interventions.

Tuesday Focus on Somalia, and how this could be worse than 2011.

Wednesday Yemen, and the role of war in the ongoing famine.

Thursday The situation in South Sudan, the world's youngest country.

Friday Nigeria, with views from diaspora members and a local expat.

READ THIS SERIES FROM THE BEGINNING
metronews.ca

BY THE NUMBERS | YEMEN

\$173 million
Total funds raised so far

\$2.1 billion
Funds required to avert a famine



3 out of 4

Yemen has a population of 24.4 million. Of those, **18.8 million people are food insecure**



500,000

Children under five suffering from acute malnutrition

SOURCE: UN OFFICE FOR THE COORDINATION OF HUMANITARIAN AFFAIRS

HOW YOU CAN HELP

Yemeni-Canadians across the country are leading efforts to collect funds and donate.

■ Tihamah Hunger Crisis:

A relief campaign led by Islamic Relief Canada has raised over \$8,000 to fight hunger in northern Yemen. More info at islamicreliefcanada.org

■ World Food Program

Canada: The UN branch runs operations inside Yemen and has launched

an appeal for donations to avert the famine situation. For more information, visit wfp.org/facingfamine

■ **World Vision:** The charity is the biggest implementing partner of the World Food Program in East Africa. Private donations can be made at worldvision.ca

UN starved of funds to deal with crisis

EMERGENCY

U.S. plan to cut aid could have far-ranging effects

The world's largest humanitarian crisis in 70 years has been declared in three African countries on the brink of famine, just as President Donald Trump's proposed foreign aid cuts threaten to pull the United States from its historic role as the world's top emergency donor.

If the deep cuts are approved by Congress and the U.S. does not contribute to Africa's current crisis, experts warn that the continent's growing drought and famine could have far-ranging effects, including a

new wave of migrants heading to Europe and possibly more support for Islamic extremist groups.

The conflict-fueled hunger crises in Nigeria, Somalia and South Sudan have culminated in a trio of potential famines hitting almost simultaneously. Nearly 16 million people in the three countries are at risk of dying within months.

Famine already has been declared in two countries of South Sudan and 1 million people there are on the brink of dying from a lack of food, UN officials have said. Somalia has declared a state of emergency over drought and 2.9 million of its people face a food crisis that could become a famine, according to the UN. And in north-

eastern Nigeria, severe malnutrition is widespread in areas affected by violence from Boko

“We are facing the largest humanitarian crisis since the creation of the United Nations.”

Stephen O'Brien,
UN humanitarian chief



Mothers wait with their children to receive therapeutic milk to help combat the malnutrition their children are suffering from, in Juba, South Sudan. THE ASSOCIATED PRESS

Haram extremists.

“We are facing the largest humanitarian crisis since the creation of the United Nations,” Stephen O'Brien, the UN humanitarian chief, told the UN Security Council after a visit

this month to Somalia and South Sudan.

At least \$4.4 billion is needed by the end of March to avert a hunger “catastrophe” in Nigeria, Somalia, South Sudan, and Yemen, UN Secretary-Gen-

eral Antonio Guterres said in late February.

But according to UN data, only 10 per cent of the necessary funds have been received so far.

Trump's proposed budget

would “absolutely” cut programs that help some of the most vulnerable people on Earth, Mick Mulvaney, the president's budget director, told reporters last week. The budget would “spend less money on people overseas and more money on people back home,” he said.

The United States traditionally has been the largest donor to the UN and gives more foreign aid to Africa than any other continent. In 2016 it gave more than \$2 billion to the UN's World Food Program, or almost a quarter of its total budget. That is expected to be reduced under Trump's proposed budget, according to former and current U.S. government officials.

“I've never seen this kind of threat to what otherwise has been a bipartisan consensus that food aid and humanitarian assistance programs are morally essential and critical to our security,” Steven Feldstein, a former deputy assistant secretary of state in the Obama administration, said.

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Trump order pushes coal

ENERGY

Move part of pledge to toss Obama's climate plan

Declaring "the start of a new era" in energy production, President Donald Trump signed an executive order Tuesday that he said would revive the coal industry and create jobs.

The move makes good on his campaign pledge to unravel former President Barack Obama's plan to curb global warming. The order seeks to suspend, rescind or flag for review more than a half-dozen measures in an effort to boost domestic energy production in the form of fossil fuels.

Environmental activists, including former Vice-President Al Gore, denounced the plan. But Trump said the effort would allow workers to "succeed on a level playing field for the first time in a long time."

"That is what this is all about:

bringing back our jobs, bringing back our dreams and making America wealthy again," Trump said, during a ceremony at the Environmental Protection Agency headquarters, attended by a number of coal miners.

The order initiates a review of the Clean Power Plan, which restricts greenhouse gas emissions at coal-fired power plants.

The regulation, which was the former president's signature effort to curb carbon emissions, has been the subject of long-running legal challenges by Republican-led states and those who profit from burning oil, coal and gas.

But just as Obama's climate efforts were often stymied by legal challenges, environmental groups are promising to fight Trump's pro-fossil fuel agenda in court.

Trump has called global warming a "hoax" invented by the Chinese, and has repeatedly criticized the power-plant rule as an attack on American workers and the struggling U.S. coal industry.

THE ASSOCIATED PRESS



POLITICS LEG BATTLE BACKLASH Tuesday's Daily Mail newspaper featured on its front page a picture of Britain's Prime Minister Theresa May and Scotland's First Minister Nicola Sturgeon. The British newspaper faced a backlash for comparing the legs on show when the leaders held talks. While they clashed over Brexit, which May is set to trigger Wednesday, and Sturgeon's push for another Scottish independence referendum, the Mail spun it as a battle of the legs and focused on what could be read into their outfits and body language. GETTY IMAGES

BRITAIN

May urges unity as she negotiates EU exit

Prime Minister Theresa May says she will enter European Union exit talks representing everyone in Britain — including millions of EU nationals living in the U.K.

May plans to ask the EU for a divorce on Wednesday, triggering two years of negotiations before Britain's exit.

On Tuesday, May was photographed signing the letter to EU Council President Donald Tusk that will trigger Brexit — a process Britain says is irreversible.

The decision to leave the bloc has divided Britain, and left 3 million EU citizens in the U.K. worried about their future.

May's office says she will tell the House of Commons Wednesday that she'll seek "the right deal for every single person in this country," including EU nationals.

She will urge Britons to unite as the country begins a "momentous journey."

THE ASSOCIATED PRESS

Outlook still uncertain

ECONOMY

Central bank cautious about future despite positive trends

The head of the Bank of Canada says he is still keeping a close eye on risks to the economy even after a string of healthier-than-expected numbers.

The remarks by Governor Stephen Poloz on Tuesday followed a speech in Oshawa, Ont., where he made the case for a policy mix frequently promoted by the federal government — an openness to more foreign investment, immigration and free trade.

He was asked about an encouraging data run in recent months for growth, trade and the labour market — and whether they had altered the central bank's thinking ahead of its April 12 policy decision.

"It would be odd to forget about all those downside risks just because a couple of data points came in a little bit better than expected," Poloz told reporters at Durham College in



Bank of Canada governor Stephen Poloz used a history lesson Tuesday to make a case for a policy mix frequently promoted by the federal government — an openness to more foreign investment, immigration and free trade. SEAN KILPATRICK/THE CANADIAN PRESS

his hometown east of Toronto.

"We've had positive data points in the last three years, too — and they didn't last. So, we're being very cautious in that outlook."

Canada's economic concerns are tied to a list of changes being discussed by the Trump administration. The possibilities

include a border adjustment tax and corporate and personal tax cuts that some fear, if implemented, could hamstring Canadian competitiveness.

President Donald Trump's demand to renegotiate the North American Free Trade Agreement has also created worries on the north side of the border.

Poloz praised NAFTA in his speech Tuesday for eliminating tariffs and creating benefits in some sectors, which he said more than offset losses in other areas.

However, while fielding a question from the audience after the speech, Poloz acknowledged the decades-old deal



There are things in NAFTA that are incomplete.

Stephen Poloz

could use a "dust-off."

"NAFTA is 24 years old and so there are things in NAFTA that are incomplete," he told the crowd in Oshawa, his hometown. "Softwood lumber is not in NAFTA, the rules of origin are pretty complicated and so on. So, there may be things that can be done to improve NAFTA."

Poloz repeatedly defended free trade in his remarks Tuesday — and said tougher, tariff-heavy periods in Canada's past have provided evidence of the "steep" costs of protectionism.

On immigration, Poloz noted that "simple arithmetic" shows how important it's been for Canada.

"When trade barriers are falling, when people are coming to our shores and when investment is rising, Canadians prosper." THE CANADIAN PRESS

SOCIAL MEDIA

Facebook app adds camera features

Facebook is adding more Snapchat-like features to its app. The company says it wants to let people's cameras "do the talking" as more people are posting photos and videos instead of blocks of text.

With the update coming to users starting Tuesday, Facebook is adding a camera icon to the top left corner of its mobile app. Users can tap it to open their phone's camera to do a photo or video post. Users could post photos from the app before, it just took two taps.

Facebook's other new Snapchat-copycat features are filters and animations that can be added to images, and a "stories" feature that lets users post photos and videos that stay live for 24 hours.

Snapchat pioneered the camera-first sharing and is wildly popular with younger users. THE ASSOCIATED PRESS

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JESSICA ALLEN ON THE IRRESISTIBLE PULL OF THE PAST



Listen, I'm not saying my Green Gables nostalgia is better than your Beauty and the Beast nostalgia ... My point is one person's nostalgia is another person's retro-kitsch.

Beauty and the Beast has dominated the box office for the second Friday in a row.

I can only presume millions of adults — some of whom I know, and one of whom has gone back twice — are seeing the live-action remake of a 1991 Disney cartoon because they remember how they felt when they first saw it and want to feel the same feels wash over them again.

I get that. If I had been 10 when Beauty and the Beast first came out, maybe I'd be lining up to see this new tale as old as time, too. But I was in Grade 11. My jam was less Disney, more Backdraft.

I think there are two reactions to much-beloved screen remakes and reboots: The nostalgia for the original is powerful enough that you are game for whatever the reincarnation may be. Or, you hold the original so close the idea of recreating it repulses you.

Take CBC's reboot of Anne of Green Gables, Anne. Why would I want to watch the new eight-part miniseries when I can revisit the perfect 1985 Anne of Green Gables? On VHS, DVD, or Blu-Ray!

I was 10 years old when that two-part miniseries aired, which went on to enchant millions of others around the world. I would fake sick to stay home to watch it. My Barbies became Anne and her "bosom friend" Diana. And if they weren't nearby, I'd commandeer my brother's Star Wars figurines. Greedo may have once doubled as Gilbert Blythe. The relationship is serious and

Even pornography has specialist categories like 'natural' and 'vintage hairy' that harken back to golden days.



BACK TO THE FUTURE There are two ways to react to a reboot of a beloved cultural brand, Jessica Allen writes: Nostalgia for the original that makes you game for any reincarnation, and reverence for the original that prevents any recreation from measuring up. DISNEY, THE CANADIAN PRESS

I am faithful.

Last week, however, I may have accidentally cheated and watched the first episode of Anne online. I almost didn't make it through the opening credits when I heard the Tragically Hip's Ahead By a Century play, because there is no Hip in my Avonlea, P.E.I., which is, yes, fictional.

But I'm glad I persevered. It's good. In fact, it's so lovely that I tuned in to the second episode. Amybeth McNulty, while more childlike than Megan Follows' red-haired orphan ever was, is a fine Anne Shirley. And while there has never been more choice casting than Colleen Dewhurst and Richard Farnsworth as Matthew and Marilla Cuthbert, the siblings who adopt Anne, Geraldine James and R.H. Thomson's performances may have elicited tears and laughter.

Listen, I'm not saying my Green Gables nostalgia is better than your Beauty and the Beast nostalgia. That's ridiculous. (But Belle basically has Stockholm Syndrome and Anne is literally a heroine.) My point is one person's

nostalgia is another person's retro-kitsch. Heck, for some monsters, even the '85 Anne series may pale in comparison to Lucy Maud Montgomery's 1908 novel.

Today, it's hard to keep pace with the rebrands, remakes, and reboots; a good thousand years past before Renaissance-era folks decided to mine the culture of the Greeks and Romans. Meanwhile, Alicia Vikander is the new Lara Croft and I haven't even seen the second Tomb Raider film starring Angelina Jolie.

"There has never been a society in human history so obsessed with the culture artifacts of its own immediate past," Simon Reynolds wrote in 2011's Retromania: Pop Culture's Addiction to Its Own Past.

It's everywhere: Clothes from two decades ago are considered vintage. Even pornography, Reynolds notes, has specialist categories, like "natural" and "vintage hairy," that harken back to golden days, which are at present alive and well — at least for me.

Are we stuck in a retro rut? Look at the weekend's box



office again. Power Rangers is right behind Beauty and the Beast, followed by Kong: Skull Island. Beauty and the Beast scored "the fourth-largest second weekend of all time," Variety noted, behind Star Wars: The Force Awakens, Jurassic World and The Avengers.

I wouldn't call any of the above films original.

Speaking of originals, my dad recently purchased the complete TV box sets of Twilight Zone and Have Gun Will Travel. Calm washed over him "because those moments I spent enjoying them originally were peaceful moments in an adolescent storm," he said. "I carved out a piece of that by going back to see all those familiar faces of actors long gone, and unremembered, by even my own generation. But there they were again."

We won't get those moments back, but that doesn't stop us from trying. In that, we may all be kindred spirits.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Bill 'Do more with less' Morneau needs to wake up and smell the disaster

In the middle of an unprecedented and underfunded food crisis, finance minister Bill Morneau says Canada can do more with less foreign aid.

Asked why the Liberal government's recently announced budget does not contain any additional funding for foreign aid, he said, "We do have a view that we can do more with less, and that creating economic success is important."

Morneau pointed to a development finance institution that will direct money towards private companies so that they invest in projects to reduce poverty globally. Corporate incentives, while ultimately necessary, cannot be counted on in dire scenarios where there is no foreseeable profit, such as during natural disasters and famines.

As food insecurity threatens four countries, the promise of the 2015 Liberal win — sunny ways and all — isn't being followed up by the proud internationalism of a previous era or met with the sobering sense of responsibility that propelled the party to victory.

In other years, Canada's reticence on the global stage would be cause for concern. This year, it is cause for alarm.

The United States, traditionally the largest global donor, plans to cut 28 per cent from its international spending. President Donald Trump's administration also plans to shrink its contribution to the UN budget.

OECD data shows that in 2015 Canada's official development assistance was \$4.24

billion US. (Official development assistance encompasses several forms of aid including loans and grants.) Last year's budget added a modest \$256 million over two years to that total. Even the addition of a \$300-million development-finance institute still doesn't bring Canada anywhere close to fulfilling a long-standing commitment of contributing 0.7 per cent of gross national income to development aid.

On this, we have been outpaced by Sweden, Norway, Denmark, Luxembourg and the United Kingdom. The UK is the only G7 nation that has not only met the target in recent years but did so under a Conservative government. They took it a step further by enshrining the goal in law.

The 0.7 per cent goal was pioneered by Canadian Prime Minister Lester B. Pearson. It became a key commitment of the United Nations in 1970. Canada pledged in 2005 to meet the target by 2015.

Canada has never met it.

In the meantime, there is little in the way of global leadership to meet the \$4.4 billion US ask from UN agencies working to address the food crisis in northern Nigeria, South Sudan, Somalia and Yemen.

They have received only ten per cent of that money.

To 20 million people in four countries and the constellation of agencies working for them, it is a moral failing to suggest that they do more while Canada does less.

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FOOD TRENDS

Silicon Valley's plant-based burger puts squeeze on meat industry



Joe Callaghan
Metro Canada

As one of the masterminds of the new foodie millennium, David Chang is always ahead of the curve.

So when the man behind Momofuku declared last summer that he had discovered a gastronomical gamechanger, we should have paid more attention.

"I was genuinely blown away," Chang said of the new addition to the menu at Momofuku Nishi, his New York hub. "It was something I knew I had to get behind."

He was referring to the Impossible Burger — an entirely plant-based burger that looks, feels, cooks, smells, tastes and even bleeds like the real thing. Less than 12 months on, it appears Chang was onto something.

Impossible Foods, the company behind the innovation that counts Google Ventures and Bill Gates amongst its backers, last week announced plans to take the burger global. The company unveiled a mass production facility close to its Silicon Valley base that will churn out up to 4 million plant patties per month.

The burger hasn't yet crossed the border, the company has plans to bring it to Canada next year. Proteins have come along in recent times, but the huge buzz and rave reviews swirling around the Impossible Burger signal this offering is different.

And that could be bad news for a Canadian meat industry fighting to maintain its place in a rapidly changing market. "There is a rising interest in alternative meats," Mike von Massow, a professor at the University of Guelph's Food Institute told Metro. "In some cases it's relative to animal welfare, sustainability. For some people it's health. There are a number of reasons that we're seeing people — particularly with red meat — take a pause."

"That group isn't huge right now but it is growing. Will (the Impossible Burger) take half the market in the next 18 months? No, probably not. But is there a significant opportunity for growth? Yes."



The meat-free Impossible Burger, produced in Silicon Valley, is made to appeal to meat eaters, not vegetarians. "As far as where we will go in Canada, we are actually most interested in the cities where meat consumption is the highest — we are, after all, a plant-based meat made for meat lovers and we won't accomplish our environmental mission unless we appeal to the most die-hard carnivores," a company spokesperson tells Metro. CONTRIBUTED

That growth could be all the more significant if the burger's positive reviews hold up as it hits the mass market. Impossible's breakthrough in reproducing their own plant-based heme, the molecule that naturally gives blood its colour and burgers their metallic moreishness, has been the key to their success.

"It looks great," said Sabrina Falone, director of culinary innovation at THP, a Toronto-based creative food agency. "I could definitely see how the texture could be alluring because it looks so similar to that of beef. It has that reddish hue that looks something like a medium rare cook. We all eat with our eyes first and our palates second."

As millennials and baby boomers embrace an era of unprecedented food choice, Canadians aren't eating as much meat with their eyes or palates.

Last year, beef saw its biggest annual drop in over 30 years — eight per cent according to the Canadian Cattlemen's Association. Statistics Canada's latest figures on the nation's carnivorous tendencies painted an equally stark picture.

Given how the ethical and sustainability aspects of food play into what's becoming popular in our cities, then for sure if the Impossible Burger came to town, there would be lines around the block.

Sabrina Falone, director of culinary innovation at creative food agency THP

While Canadians consumed 32.4kg of beef per capita annually as recently as 2003, that number plummeted to 24.4kg by 2015. In the same time, pork dropped from 25.1kg to 22.6kg but chicken bucked that trend increasing from 29.8kg to 31.8kg.



You called it meat. I don't know if it even qualifies for that, frankly. This is initially a novelty product and some people may eat it. But it goes against the trends, the move towards not wanting lab or industrial products.

Ron Davidson, senior vice-president of the Canadian Meat Council



But the industry insists they are not concerned at the potential of the Impossible Burger to further eat into sales.

"I don't think the volumes are very big yet ... it will be interesting to see how much pickup they get," Ron Davidson.

So what's in it? Water, Textured Wheat Protein, Coconut Oil, Potato Protein, Natural Flavors; 2% or less of: Leghemoglobin (soy), Yeast Extract, Salt, Soy Protein Isolate, Konjac Gum, Xanthan Gum, Thiamin (Vitamin B1), Zinc, Niacin, Vitamin B6, Riboflavin (Vitamin B2), Vitamin B12.



son, senior vice-president of the Canadian Meat Council, told Metro. "You called it meat. I don't know if it even qualifies for that, frankly. It's something anyway."

Davidson was bullish about the prospects of an industry that employs 66,300 Canadians. Meat exports to the Asian market remain strong. In short, their position is they have enough on their plate without worrying about the Impossible Burger.

"This is initially a novelty product and some people may eat it. But it goes against the trends, the move towards natural product; not wanting lab

or industrial products," added Davidson. "We're looking at it but it's not something that today concerns us."

But as Canada's foodie hubs and the country at large have proven, trends can take off very quickly here — and stick.

"There are so many demographics that would gravitate towards it in our food culture," said Falone.

"Given how ... the ethical and sustainability aspects of food play into what's becoming popular in our cities, then for sure if the Impossible Burger came to town, there would be lines around the block."

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Sundae syrup vs chocolate topping

Topping off a bowl of frozen yogurt or ice cream with chocolate sauce is a must for most — but if you're not careful, a little can go a long way.

✓ PICK THIS

Smucker's Sundae Syrup – Chocolate
per 2 Tbsp

Calories 100
Fat 0.4g
Saturated Fat 0.3g
Sugars 19g



✗ SKIP THIS

Smucker's Magic Shell – Chocolate Topping
per 2 Tbsp

Calories 210
Fat 16g
Saturated Fat 7g
Sugars 15g



⚖️ HERE'S WHY



Equivalent to an Arby's Roast Beef Sandwich in fat.

The Magic Shell topping, which turns the syrup into a hard chocolate shell, contains sunflower and coconut oil, adding a large amount of fat and saturated fat in just 2 Tbsp. For a chocolate garnish that is not a dessert unto itself, use the Sundae Syrup, which contains no added fat and saves you half the calories. But keep these desserts to the occasional indulgence — add fresh fruit instead.

JOHANNA SCHNELLER WHAT I'M WATCHING

Enduring the jabs is just part of the game

THE SHOW: The Real Housewives of Toronto, S1, E1 (Slice)
THE MOMENT: The Procedure Party

Ann, a real estate magnate married to a plastic surgeon named Stephen, is hosting a party in a swanky hotel penthouse can do in 20 minutes — as she puts it, “what you could do on your lunch hour.”

Ann asks the other five Housewives to gather around a white gurney tucked into a corner. There's Grego, a party girl; Joan, a princess; Roxy, who's young, curvy, ballsy; Jana, an exercise instructor ripe to become a trophy wife; and Kara, a yappy “corporate wife” who's being set up as this season's villain.

On the gurney lies a woman named Linda. She's drugged, barely conscious. Stephen pokes holes in her face, then runs a wire from her eye to her lip and pulls it tight. The Housewives squirm



Ann Kaplan Mulholland.
CONTRIBUTED

and squeal. “Did anyone have the chicken satay skewers?” Ann jests. Linda's too doped

to care.

I'm sure we'll never see Linda again; she's just a prop. But I keep thinking about her. How out of it she looked. How willing she was to be used, for money or “self-improvement.”

It's a real metaphor for this series, isn't it? By this point, no one who signs on doesn't know precisely what these shows are: circle jerks of cattiness. No one should be surprised or upset by what the producers do to them in the name of entertainment.

They just have to stand there and endure the jabs, appearing out of it, while we recoil in horror and feel smug that we're better than them.

The Real Housewives of Toronto airs Tuesdays at 10 p.m. on Slice and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Eager to take over the family restaurant

BUSINESS

Asian cuisine gets a fresh face as parents pass the torch

Pushpa Balgobin and Joe Callaghan
For Metro Canada

When Thuy Dinh told her parents she was opening a Vietnamese restaurant, they were not quite ecstatic.

"They thought I was crazy," laughs the co-owner of Edmonton's XO Bistro + Bar.

Dinh's parents are no strangers to the restaurant business, having opened up several eateries, including Ninh Kieu Restaurant in Chinatown, after immigrating to Canada in 1989.

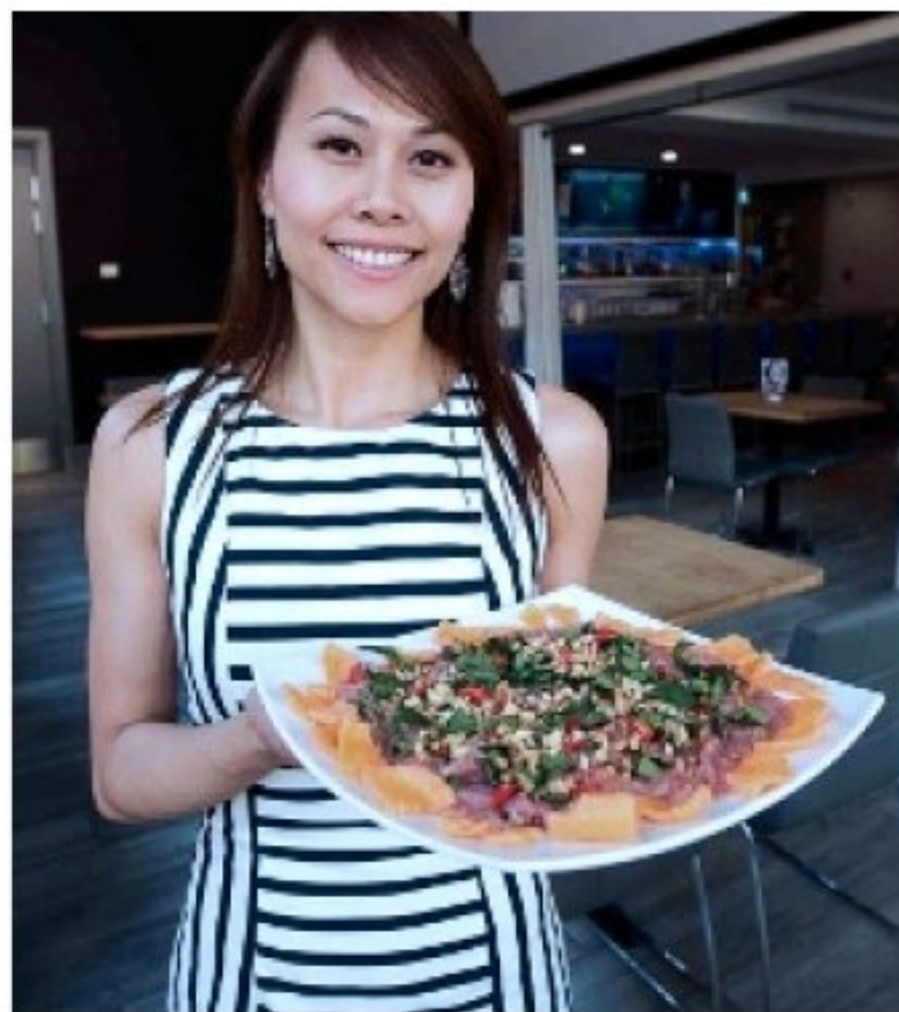
They knew how tough the business could be — but Dinh and her business partner Vincent Lam weren't planning just any mom and pop establishment.

Dinh is one of a growing number of people from second-generation immigrant families following in their parents' footsteps and changing the face of Asian cuisine in Canada by putting a twist on traditional fare.

XO Bistro opened earlier this year in Edmonton's Ice District, and offers Vietnamese street staples like bánh xèo, a crêpe served with meat and sprouts, and Asian-inspired cocktails.

"We wanted an amazing location and modern design, but the food was going to be traditional Vietnamese food," she said.

Dinh, who helped at her parents' restaurants all through college, said she worked with her family to create "very traditional"



Thuy Dinh, co-owner of XO Bistro in Edmonton, holds the location's signature Viet Beef Carpaccio. KEVIN TUONG/FOR METRO

recipes. Her vision was "keeping the food authentic, real Vietnamese food not just fusion," she said.

In Vancouver, siblings Vincent and Amelie Nguyen were busy forging their own way in the world when fate brought them back to the family's tradition.

Their father Hoang and mother Ly had arrived in Canada from Vietnam in the early 80s and turned a pop-up noodle shop in their back garden into the beloved Pho Hoang, a Vietnamese staple in Mount Pleasant for over 30 years. But when their father passed away seven years ago, the younger Nguyens' paths changed direction.

"My sister had a whole field

in public health, had done her masters in that," Vincent told Metro. "That was her goal. She had a full-time job. Me myself, I was in medical school."

"Our father passed away and I had to come back. Then I just had my calling. We both did."

Pho Hoang in its former incarnation closed down in September 2015 but Vincent and Amelie — with their mother's input — are back serving loyal customers in Anh and Chi ("brother and sister" in Vietnamese) which opened last year with a revamped feel and a fresh menu.

"Second and third generation customers are now still eating with our family," said Vincent,



Amelie & Vincent Nguyen made their parents' (bottom left) eatery their own. PHOTOS (CLOCKWISE): JESS FLEMING; VY NGUYEN; AMELIE NGUYEN

with Anh and Chi having scooped a number of restaurant awards in its first year in operation. "That's the reward."

Tony Phung also knows a thing or two about making a family culinary tradition his own. He saw his parents build a suc-

cessful Chinese restaurant after moving to Edmonton — then lose it, when the Treasury Restaurant burnt to the ground in a 2012 fire.

When he opened his own restaurant, Grain of Rice, last year, he wanted to serve traditional Chinese dishes, but embrace local and modern flavours too.

"At the old restaurant, the first few years were horrible for them," he said of his parents' experience. "Business, corporate income tax, payroll, they didn't have a clue. 'What set (Treasury) apart was the quality of the food,'" he said.

For many immigrant Chinese families, opening up restaurants were an economic lifeline in a new country, Phung said. His parents met in an English class in the '80s and, after years at jobs with no upward mobility, they opened their own business.

When Phung, an IT consultant, announced plans to do the same, his parents didn't understand why he'd take time away from a successful career.

"We have had family fights," he said. "My parents were so doubtful. They shied away from change but now they are overwhelmed by the foot traffic."

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New 10-speed built Ford tough



HANDOUT

THE CHECKLIST | 2017 FORD F-150

THE BASICS

Engine: 3.5-liter turbo-charged V6
Output: 370 horsepower, 460 pound-feet of torque
Transmission: 10-speed auto
Battery size: 28 kWh
Fuel Economy (L/100 km): 13.6 city, 10.3 hwy (4x4)
Price: Starts at \$30,049. As tested \$53,000.



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- Power

LEAVE IT

- Numb steering

REVIEW

Second gen EcoBoost engine gives more power



Dan Ilika
AutoGuide.com

Ford has proven with its aluminum body that it is willing to take big risks with its best-selling pickup, and for 2017, the brand is introducing new technology that could ruin the way its best-seller drives.

You need only see how Jeep's launch of the jerky, unrefined nine-speed automatic in the Cherokee went over to understand how adding more gears to a transmission can complicate matters while bringing few benefits. Luckily, it looks like Ford was watching its competitors and doesn't seem to be repeating others' mistakes.

For 2017, Ford is using a new 10-speed automatic transmission connected to the top-dog 3.5-litre EcoBoost engine, which has also been heavily revised, enough so that Ford calls this the second-generation of this engine.

What this means for the consumer is that the truck has more power and it will burn less fuel. Output is rated at 370 horsepower and 470 pound-feet of torque, more torque than can be found in any other half-ton pickup at the moment and a boost compared to the previous 3.5-litre EcoBoost. However, the boost in fuel economy isn't major.

The new power is noticeable when you pour on the throttle, blasting this truck to highway speeds. Tip-in power is immediate and the small bit of lag that came along with the last-generation 3.5-litre EcoBoost is gone.

The most common issue with so many gear ratios is the transmission's programming, in other words, how it thinks. And the F-150's brain seems quite smart. Each shift is smooth and well calculated, keeping the truck in the power when necessary and upshifting often to save fuel.

Overall, the driving dynamics of the F-150 remain. This truck drives the lightest of the half-ton bunch, with the ability to tuck into a corner and feel nimble.

The medium weighting of the steering wheel provides a decent feeling in your hands, although the wheel itself is mostly lifeless and insulated from the road below it.

The only weak point of the truck after a full day of driving was fuel economy.

A basic 2017 F-150 begins at \$30,049, including destination charges, while the Lariat 4x4 model that we tested with the 3.5L EcoBoost sells for about \$53,000. At the top end, the F-150 Limited with a few options adds up to \$75,969.

Ford has taken what was already a powerful, clever pickup truck and made it even better with some new smart engineering. And the brand isn't slowing down. In 2018, Ford will introduce a new diesel engine along with revisions to its entire F-150 engine lineup, which include this 10-speed mating to nearly all of the truck's engine options.



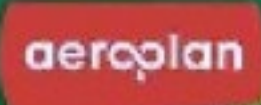
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Wise customers read the fine print: 1. 0, ., +, -, /, %, &, * The Power of Zero Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after March 1, 2017. Offers subject to change and may be extended or changed without notice. All pricing includes freight (\$1,795), air-conditioning charge (if applicable), the levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. 10% purchase financing for 60/72/84 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: \$30,000 financed at 0% for 60/72/84 months equals 130/156/182 bi-weekly payments of \$231/\$192/\$165, a total obligation of \$30,000 and \$0 cost of financing. 089,350 in Total Discounts is available on 2017 Dodge Grand Caravan Ultimate Family Package and consists of \$6,500 Consumer Cash, \$1,000 Minivan Loyalty Conquest Bonus Cash, and \$1,850 Bonus Cash. \$9,250 in Total Discounts is available on 2017 Ram 1500 models (excluding Reg Cab) and consists of \$7,750 in Consumer Cash and \$1,500 Bonus Cash. \$3,700 in Total Discounts available on the 2017 Dodge Journey Ultimate Family Package and consists of \$1,500 Consumer Cash, and \$2,200 Bonus Cash. See your retailer for complete details. 2. 2.99% purchase financing for up to 96 months available on select new 2017 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2017 Ram 1500 Quad Cab 4x4 (254) with a Purchase Price of \$31,708 with a \$0 down payment, financed at 2.99% for 96 months equals 416 weekly payments of \$86 with a cost of borrowing of \$3,952.39 and a total obligation of \$35,660.39. 11.49% purchase financing for up to 96 months available on select new 2017 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2017 Jeep Cherokee North FWD (243) with a Purchase Price of \$31,980 with a \$0 down payment, financed at 2.99% for 96 months equals 416 weekly payments of \$82 with a cost of borrowing of \$1,948.44 and a total obligation of \$33,928.44. 3. Jeep Loyalty/Conquest Bonus Cash up to \$500 is available on the retail purchase/lease of 2017 Jeep Compass (excludes base 280, 260, 250 & 280 models), Patriot (excludes base 280, 260, 250 & 280 models), Cherokee (excludes all Sport models), Renegade or Grand Cherokee and is deducted from the negotiated price after taxes. Eligible customers include: Current owners/lessees of a Jeep or any other manufacturer's SUV or SUV. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before March 1, 2017. Proof of ownership/lease agreement will be required. Limit one bonus cash offer up to \$500 per eligible transaction. Some conditions apply. See your retailer for complete details. 4. 4.99% purchase financing for up to 96 months available on select new 2017 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2017 Dodge Grand Caravan CVP (29E)/2017 Dodge Journey CVP (22F) with a Purchase Price of \$22,087/\$22,209 with a \$0 down payment, financed at 4.99% for 96 months equals 416 weekly payments of \$61/\$61 with a cost of borrowing of \$3,234/\$3,251.86 and a total obligation of \$25,321/\$25,460.86. 5. Bonus Cash is deducted after tax on all 2017 Dodge Grand Caravan/2017 Dodge Journey models between March 20 – 31st. 6. 20% off MSRP discount available to retail customers on the purchase/lease of select 2015/2016 models at all participating retailers from March 1 – 31, 2017. Discounts are calculated based on MSRP plus options, freight, A/C and tire charge and will be deducted from the negotiated price before taxes. 7. Percentage off MSRP discount cannot be combined any other bonus cash or consumer cash offer. Retailer may sell for less. See retailer for complete details. 8. Cash Discounts is based on 20% off MSRP of 2016 Chrysler 200, plus freight, A/C and tire charge will be deducted from the negotiated price before taxes. 9. Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2017 models. Financing examples: Purchase Price of \$30,000 with a \$1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of \$189/\$202 with a cost of borrowing of \$5,418.76/\$7,753.86 and a total finance obligation of \$34,418.76/\$36,753.86. Some conditions apply. See your retailer for complete details. 10. \$1,000 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2016/2017 Ram 1500 (excludes Regular Cab), 2015/2016/2017 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before March 1, 2017. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Beauvoir Approved service providers. Proof of membership is required. Limit one \$1,000 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. 11. \$1,000 Minivan Loyalty/Conquest Cash is available on the retail purchase/lease of 2017 Chrysler Pacifica (excludes Hybrid), and 2017 Grand Caravan (excludes CVP) models and is deducted from the negotiated price after taxes. This offer is only available to current owners/lessees of a Chrysler or competitor's minivan. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before March 1, 2017 to qualify. See your retailer for complete details. 12. Starting From Prices for vehicles shown include Consumer Cash discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. Certain features of vehicles shown – e.g., interior colour – may not be offered on all models. See retailer for details. 13. Based on 2014 Ward'sAuto Middle Cross Utility segmentation. 14. Based on the latest available competitive information and Ward'sAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5- and 7-passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. 15. Based on Ward'sAuto Lower/Middle sedan segmentation. 16. Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. 17. 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Getting your classic car ready for spring

UPKEEP

Time to dust off your ride with warm weather on the way



Dan Ilika
AutoGuide.com

Another dreary winter is almost behind us, which can only mean one thing: it's time to get your prized ride back into shape for spring.

The good news is that getting your car back in road-ready condition is far less labour-intensive than getting it ready for storage — though it's far more rewarding. Here's our eight-step guide to getting your classic car ready for the road.

Air it out

If you followed our tips for proper winter storage then it's time to reap the benefits. Whether it's been stored in your own garage or another indoor storage facility, it's been under wraps for a few months now, so peel the cover off and take a step back to ad-



If you prepped properly for winter storage, it'll be a breeze getting your sports car road-ready for spring — and much more satisfying. ISTOCK

mire your chariot. This is also the ideal time to reverse the pest-prevention and odour-eating steps you took at the onset of winter. That means removing both the baking soda and mothballs from inside the car. This would also be the time to crack the windows and open the doors to get some fresh air inside.

Do a thorough inspection

It's easy to get a little too eager and skip a few steps in the process, but this one is crucial. Time isn't very kind to cars, and par-

ticularly classic ones, so it's important to check for issues like cracked hoses and belts. These rubber parts can dry out quickly, and so they should be first on the inspection sheet. Equally important are components like gaskets and seals, which should be checked for possible leaks. It's all a little time-consuming, sure, but it could save on expensive service bills in the near future. Again, if you followed our winter storage tips then you'll be benefitting from the the car being on jack stands right about now.

Prep the tires

If you removed the wheels and tires then now's a good time to put them back on. Regardless, the condition of the tires should be checked for both adequate tread life and the quality of the rubber. Rubber, like any composite material, breaks down over time and needs to be replaced. It's better to nip this potential issue in the bud. Last but not least, check to ensure there's enough air pressure in each tire before lowering it back down to solid ground.

Check the battery and fluids

This is the point at which the decision to replace your car's fluids late last year looks like a particularly fortuitous one. Not only did doing so prevent harmful contaminants from working their way through your vehicle's vital components, but it also means it's that much closer to being road-ready.

The same goes for the battery, which should have been removed and stored separately or hooked up to a battery tender. Reconnecting the battery terminals is a big step towards getting your classic or sports car back on the road, so do it with pride.

Fire it up for the first time

Finally, after months of leaving it idle it's time to turn the key and let your car run. If it sounds rough, well, that's probably because it's running rough.

The fuel, oil and coolant systems have been starved for months, and so it's important to let it run for 10 minutes or so to get everything operational once again. This is also the perfect time to check the dash for warning lights — something no driver wants to see when out for a night on the town.

Cleanliness is next to godliness

Washing and waxing your car before putting it away for the winter provides an extra layer of protection against corrosion; now it's time to take it a step further. Doing the same thing before your first cruise will remove that potentially damaging layer of dust and dirt, not to mention keep your car looking its best.

Take it for a spin

Now that it's spick and span both inside and out, it's time to take your prized possession out for its first public appearance. This isn't, however, the time to show your car off — at least, that's not the only objective. Instead, this inaugural cruise provides the perfect opportunity to check for any alignment issues or other ailments that may be affecting your automobile. Don't let your ambitions cloud your judgement; if it's running rough then it's best to deal with it as soon as possible.

Enjoy it

Of all the steps, this is the most important. Classic car ownership is a labour of love to be sure, so be sure to love it while you can. Appreciate your time together — because winter's right around the corner.

It's all about the experience.



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UPGRADE

CX-5 Mazda on the outside, but BMW-quiet on the inside

Peel back the sheet metal on the 2017 Mazda CX-5 and there isn't a whole lot that stands out compared to the outgoing version.

But it's what you can't see that matters in Mazda's compact crossover, with plenty of work being done to improve the little things, including overall cabin quietness. And quiet it is, with barely a whisper from the road making it inside.

It's not as if engineers simply added some extra sound deadening and called it a day, though; that would've been way too easy. Instead, materials were meticulously measured and, if necessary, moved or replaced in the name of noise reduction.

Some changes are small ones — windshield wipers that have been lowered below the hoodline, for example — while others are much more drastic. Parts like the plastic panels in the rear cargo area in the first-gen CX-5 were reflective; rather than deaden sound on impact they forced them right back into the rest of the cabin. To rectify the issue on the new CX-5, the cargo area is now fitted with fabric throughout that absorbs sound to make for a more peaceful interior experience. As an added bonus, that fabric does better to stand up to everyday wear and



Changes made inside and out make the Mazda CX-5's cabin nearly as quiet as the BMW X3's. HANDOUT

tear than the plastic it replaces, which was prone to scraping and scratching.

Of course, the CX-5 employs more traditional means of muting the cabin, including thicker glass, additional insulation in the doors and pillars, new door jamb seals, and a felt-lined plastic panel beneath the vehicle to block road noise at the source. It all adds up to a cabin that's substantially quieter than before. According to Mazda, the 2017 CX-5 ranks near the BMW X3 in both its articulation index and sound pressure scores, two widely used metrics in the auto industry to

measure cabin noise levels.

There's also plenty of what Mazda's calling "visual noise improvements" both inside and out of the new CX-5. That means improved fit and finish in panels gaps, and improved aesthetics to avoid lines that intersect each other awkwardly.

Individually, these changes may seem insignificant, but put them all together and it makes for an impressively detail-oriented package that helps set the new CX-5 apart from not only its predecessor but the rest of the compact crossover pack.

DAN ILIKA/AUTOGUIDE.COM



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Rallying for an on-road adventure

COMPETITION

Trying for first place during an amazing 1,000 km race



Dan Ilika
AutoGuide.com

I'm lucky to have a great relationship with my dad. So when I got the nod to represent AutoGuide.com in the 2017 Mazda Adventure Rally, I knew exactly who I wanted to bring.

Think of the rally like a three-day version of The Amazing Race for auto journalists, only instead of competing for personal accolades you're doing so in the name of charity. Fittingly, very few of the challenges take place outside of the car as you cover approximately 1,000 kilometres.

In the four-year history of the Mazda Adventure Rally, details like where it will take place or which vehicle is involved are withheld for as long as possible. We found out days before it was set to get underway that we would be heading to the Mus-



The Miata RF proved to be a tight fit for two passengers well over six feet. DAN ILIKA/AUTOGUIDE.COM

koka region north of Toronto.

When it came to the chariot of choice for the event, we were left guessing until the last minute. At a hotel near Toronto's airport, all 10 teams were fraternizing cautiously but cordially when our rally master revealed that we would be spending the next three days in the Miata RF.

I had driven the Miata RF just two weeks prior and its cozy confines weren't enough to comfortably accommodate my 6-foot-4

frame. That my dad stands 6-foot-3 and is built like a linebacker wouldn't work to our advantage.

Day 1

The first leg spanned 130 kilometres and we had just over two hours to reach our destination. We also had tasks to complete along the way. Stopping to check wording on a sign — did that say 'snowplow' or 'snow plough'? — cut precious minutes from the time allotted for the leg, putting

us close to a points penalty.

The second section covered about the same distance but was chock-full of the types of tight twists and turns that the Miata is made for. As scoring was announced Team AutoGuide.com had netted 17 out of a possible 20 points to put us in third place.

Day 2

The charm of driving with the top tucked away had worn off, which meant dealing with the

“The thing you may not know about automotive journalists is that most of them wish they were race car drivers. Naturally then, timed events bring with them an extra dose of competitiveness.” Dan Ilika

lack of headroom head-on.

Along with more sign-spotting challenges, we were also tasked with finding a landmark using a photo as our only clue. To prove we found it we had to take a photo of our own with our car parked in front.

As we rounded a sweeping corner I glanced to the right and there it was: The Bala Bay Inn. We pulled into the parking lot behind a front-end loader just in time to watch four other teams cruise past without a clue.

The afternoon brought an additional pair of challenges. A fuel economy test that required us to burn as little gas as possible as we cruised through Algonquin Provincial Park. But our collective mass meant we had little chance of earning points here.

There was also a distance challenge that awarded points to teams that traveled the same distance as the baseline runs conducted by rally organizers. That meant no wrong turns.

When scores were announced

we kicked ourselves — an extra 100 metres, or the distance we traveled to stop at a coffee shop, cost us a point. AutoGuide.com nabbed 27 out of a possible 32 points. The first-place team was only four points ahead.

Day 3

Setting out on the final day, there were fewer sign-related challenges. Instead our navigation skills were put to the test. Day 3 we were given a very vague map.

If my dad's poor eyesight wasn't bad enough, staring at the map gave him motion sickness. We stopped so I could get a look and were able to get things straightened out after only one missed turn.

We collected an additional 24 points on Day 3 for a total of 68 points — seven behind the first-place team and just one behind third. AutoGuide.com didn't win, but I wouldn't say we lost either. And if I could do it all over again you know who'd be sitting right there beside me.

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¹Limited time lease offer based on a new 2017 Acura ILX (DE2F3HJX) // a new 2017 TLX (UB1F3HJ) // model shown, a 2017 TLX (UB1F3HJ) with accessories available through Acura Financial Services on approved credit. Representative lease example: 0.3% // 0.3% // 0.3% lease rate for 30 months (36 payments). Bi-weekly payment is \$168 // \$188 // \$233 with \$2,000 // \$3,200 // \$3,200 down payment. 20,000 km allowance/year; charge of \$0.15/km for excess kilometres. Total lease obligation is \$12,920 // \$15,420 // \$18,345. Offer includes EH- tires (\$29), EH- filters (\$1), air conditioning fee (\$100), ONVIC fee (\$10), and PPST (\$29). Licence, insurance, registration, options, duties and taxes are extra. PPST fee registration fee and then registering agent's fee are due at time of delivery. +\$3,500 // \$3,850 // \$4,500 Cash Rebate (CCR) is available on new 2017 Acura ILX Premium (DE2F7HJX), Tech (DE2F7HJX), and A-SPEC (DE2F8HJX) // new 2017 TLX Tech (UB1F5HJX) // on new 2017 SH-AWD Tech (UB3F5HJX) and 2017 TLX SH-AWD Elite (UB3F7HJX) models when registered and delivered before March 31, 2017. Total incentives consist of: (a) \$1,000 // \$1,000 // \$1,000 that cannot be combined with lease/finance offers; (b) \$2,500 // \$2,850 // \$3,500 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. ²To qualify, purchase, lease or finance a new, unregistered 2016 or 2017 Acura ILX // TLX model from a participating authorized Acura retailer in Canada between February 1, 2017 and March 31, 2017. Acura will cover the cost of parts and labour only for regularly scheduled maintenance services in accordance with the vehicle's Maintenance Minder program for a period of thirty (30) months from the date of the original purchase/lease of the vehicle by the original owner/lessee or 50,000 km (whichever occurs first). Restrictions, exclusions and conditions apply. For complete details, visit www.acura.ca/evevents/maintenance-calculator. Some terms/conditions apply. Models shown for illustration purposes only. Offers end March 31, 2017 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acura.ca or your Acura dealer for details. © 2017 Acura, a division of Honda Canada Inc.

"Right now we're not playing good basketball": LeBron James, whose Cavaliers fell out of first place in the East with Monday's 103-74 loss at the Spurs

IN BRIEF

McMorris gives thumbs-up

There were tubes in Mark McMorris's nose and bruises around his left eye and cheek, but the Canadian snowboarding star was giving the thumbs-up and flashing a small smile in an Instagram photo posted Tuesday by his brother.

The Olympic bronze medalist from Regina suffered serious injuries in a crash in the B.C. backcountry over the weekend.

"Kids tough as nails," his older brother Craig wrote.

THE CANADIAN PRESS

Sanchez's blister subsides

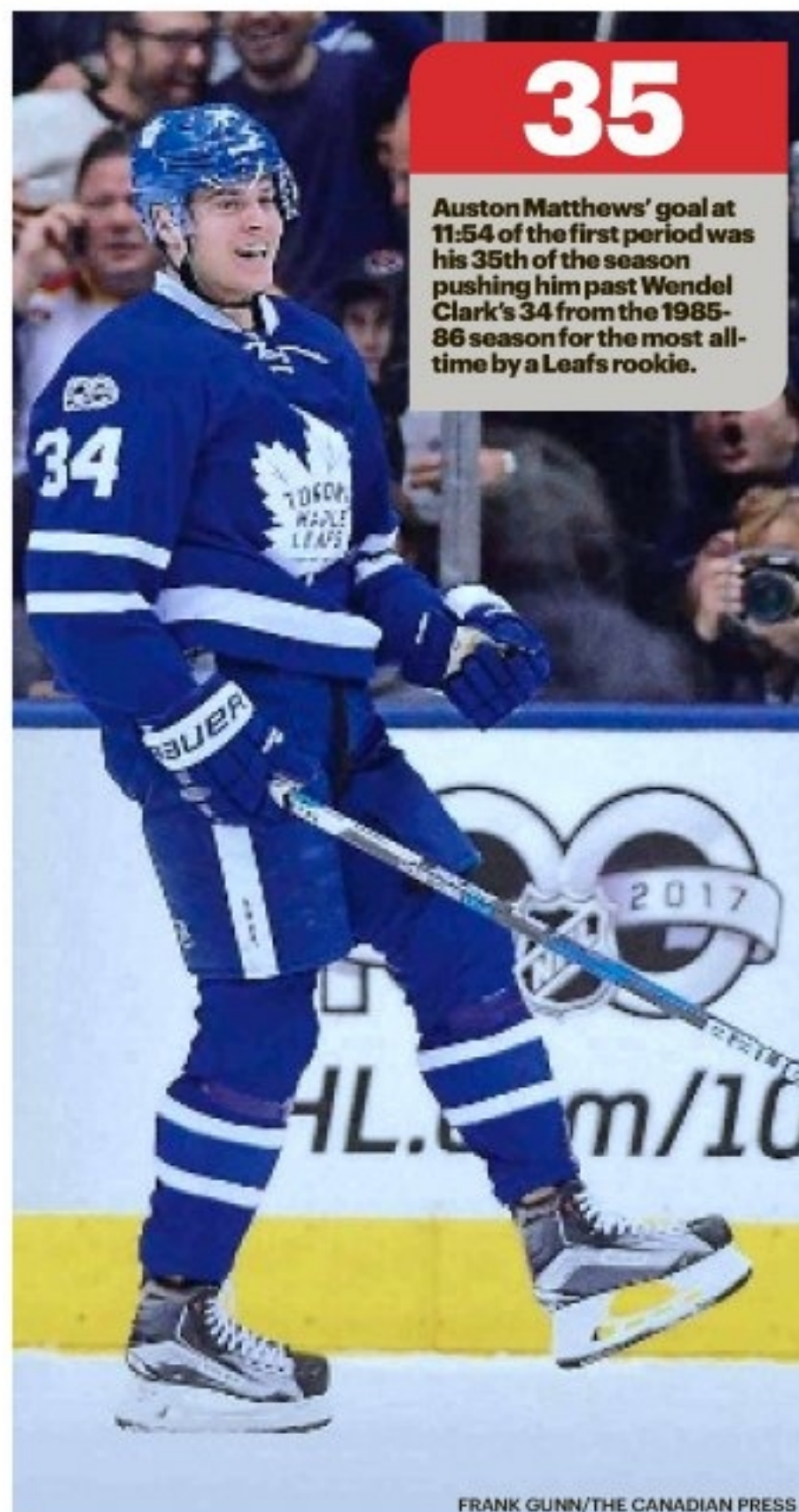
The Blue Jays say they expect Aaron Sanchez to make his first regular-season start as the blister on the right-hander's pitching hand has calmed down since his outing Monday when it flared up in 3-1/3 innings against the Phillies. TORSTAR NEWS SERVICE



It's always good to win 50.

Dwane Casey's Raptors, currently 45-29, need to go at least 5-3 the rest of the way to hit the 50-win plateau.

Auston's alone on top



35

Auston Matthews' goal at 11:54 of the first period was his 35th of the season pushing him past Wendel Clark's 34 from the 1985-86 season for the most all-time by a Leafs rookie.

NHL

Top pick now Leafs' most-prolific rookie goal scorer

Auston Matthews had a record-breaking night and the Toronto Maple Leafs scored a huge two points as they continue to push for the post-season.

Matthews broke Wendel Clark's 31-year-old franchise rookie record with his 35th goal of the season, the Leafs prevailing 3-2 over the Florida Panthers on Tuesday night.

The win kept Toronto (87 points) one point up on the Boston Bruins (86) for the third playoff spot in the Atlantic division and puts them four up on the Tampa Bay Lightning (83).

Curtis McElhinney made 24 saves to earn the win for the Leafs (36-24-15), Leo Komarov and Zach Hyman also finding the back of the net.

James Reimer gave up two goals on 14 shots for Florida (33-32-11) before he was knocked from the game with injury and replaced by Reto Berra, who made 10 saves. Reilly Smith and Jaromir Jagr both scored.

Starting in place of injured No. 1 goaltender Frederik Andersen, McElhinney was under the big-

TUESDAY At ACC

3	2
LEAFS	PANTHERS

gest microscope in Toronto heading into the evening, but Matthews quickly wiped that away with his record-setting marker.

Hyman instigated it, controlling the puck from behind the Florida goal before finding Matthews in front, his shot slipping between the pads of Reimer to best Clark for the franchise mark.

Clark said he knew after the second period of Matthews' historic NHL debut against Ottawa — when he scored four goals, including three after less than 22 minutes — that Matthews would likely shatter his record from the 1985-86 season.

Mitch Marner recently equalled Gus Bodnar's franchise rookie mark for assists (40), William Nylander matching team rookie records for power-play goals (9) and power-play points (25) while also establishing a new rookie mark for the team with a point streak that was extended to 12 games on Tuesday night. THE CANADIAN PRESS



At this time of year you don't want to waste too much time.

Frederik Andersen. The Leafs' No. 1 goalie participated in Tuesday's morning skate, working out as if he would play.

HOCKEY

U.S. women reach new wage deal

USA Hockey and the women's national team reached a wage agreement Tuesday night to avoid a boycott of the world championships.

Players and USA Hockey announced the deal in a joint statement just three days before the tournament begins in Plymouth, Mich. It's a four-year agreement that pays players outside of the six-month Olympic period.

6 of 8

The U.S. has won six of the past eight world championships.

Forward Jocelyne Lamoureux-Davidson said by phone Tuesday night that getting a deal done "feels like a weight off our shoulders." Captain Meghan Duggan said players "stood up for what we thought was right and USA Hockey's leadership listened."

After more than a year of negotiations over wages and equitable support, players announced March 15 that they'd boycott the IIHF women's world championship on home ice if significant progress wasn't made toward an agreement.

Players are set to travel to Plymouth on Wednesday and open the defence of their gold medal Friday against Canada.

THE ASSOCIATED PRESS



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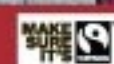
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Fanning flames of TFC's success

MLS

Vanney knows supporters can again be catalyst for great season

"Remember how you make them feel."

That was a big mantra for Greg Vanney and Toronto FC last year, an acknowledgment that fans are always part of the equations when it comes to achieving success.

"The 'you' is the fans. If we could create some excitement and some buzz then we knew we would excite the fans and that, in return, would give us some energy," the coach said on the opening day of preseason this year.

The Reds did just that with the run to the MLS Cup final last season. Its fans didn't disappoint, making BMO Field such a fortress that it drew eyes from across the league and around the world.

As Toronto kicked off its 2017 season again on the hunt for a trio of trophies — the Voyageurs Cup, the Supporters Shield, and that elusive MLS Cup — Vanney had one message to fans: stick with them.



Toronto FC fans will turn the page on last season when the Reds host Sporting Kansas City on Friday night.

CHRIS YOUNG/THE CANADIAN PRESS

"It's going to be a long season and we'd love to have the same amount of support that we got at the end of the season at the beginning of the season, to get this thing off to a good start," he said.

TFC's supporters groups are already gearing up to make sure that happens.

Last year the entities that occupy the stadium's south end — U-Sector, Red Patch Boys, Inebriatti, Kings in the North and Original 109 — banded together like never before, members of the groups agree. Those ties created an increasingly intimidating atmosphere for visitors

to enter. This year, they plan on bringing more of the same.

"I just think we all united and it was just something special. I think (TFC) realize that and I think they appreciate that. We felt totally part of the process," George Sourtzis, a member of Original 109's leadership, said.

There is a bond with this group of players Sourtzis, a day-one season ticket holder, has not seen with any past iteration of Toronto FC.

"You see their appreciation of what's going on in the stadium and you just feel it. It's a different vibe. When did you ever see a mob scene at the end of the south end with the players jumping over and getting in there with us? It doesn't feel fake," he said.

"You feel the love and it just makes us go harder."

TORSTAR NEWS SERVICE

SOCCER

Vegan diet behind Defoe's resurgence

At an age when most soccer players are winding down, Jermain Defoe is enjoying a career revival.

And the 34-year-old striker credits his endurance through trying to abide by a vegan diet.

"It's about eating the right things," Defoe said, "but it's difficult when I visit Mum and she puts every meat out on the table."

Ditching meat and dairy is part of a fitness regime, including visits to cryotherapy chambers, that Defoe believes helped to earn him a first start for England in four years.

The Sunderland forward marked his return from international exile on Sunday in the way he knows best, by scoring the first goal against Lithuania in a 2-0 World Cup qualifying victory.

Far from contemplating the end of his playing days, Defoe is doing everything possible to extend his 56-game England career, even if that means sacrificing the food he relishes.

"The way the

game is changing, the demands on the players are so high with the intensity of the games these days," Defoe said. "The key thing for me is how you recover after games to give yourself the best opportunity to perform in the next game."

"I seem to have got that to a tee. There's a lot of things I do away from training, away from playing that help me perform on match days."

Defoe's career appeared to be on the wane when he moved to Toronto in 2014 to play in Major League Soccer but he returned to the Premier League within a year.

The effects of the new dietary regime are unclear but what is indisputable is Defoe's impact on the field. The England goal was Defoe's 15th in 32 games for club and country this season — and there are still two months remaining. With an increased workload, Defoe is close to overhauling last season's goal tally of 18 in 34 games for Sunderland.

THE ASSOCIATED PRESS



GETTY IMAGES

IN BRIEF

Witten's deal should make him a life-long Cowboy

Dallas tight end Jason Witten has signed a four-year contract extension that virtually guarantees the 14-year veteran will spend his entire career with the Cowboys.

The deal Witten signed Tuesday runs through 2021 and leaves the final year of the two-time All Pro's current contract intact. The extension has a maximum value of \$29 million. THE ASSOCIATED PRESS

Messi gets 4-game ban prior to Argentina loss

Hours after Lionel Messi was suspended by FIFA for four World Cup qualifiers, Argentina lost 2-0 to Bolivia in the high altitude of La Paz on Tuesday and heightened its risk of missing a spot at Russia 2018.

With four matches to play in South American qualifying coach Edgardo Bauza is under pressure to step aside with the team likely dropping to fifth spot.

South America has four direct spots at the World Cup with the fifth-ranked team forced into a playoff to guarantee their place.

THE ASSOCIATED PRESS



It's going to be a long season and we'd love to have the same amount of support that we got at the end of the season at the beginning of the season. Toronto manager Greg Vanney

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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7	9	4	2	8	1	5	6	3
5	2	3	6	4	7	1	9	8
6	8	1	3	9	5	4	2	7
8	5	2	9	7	4	6	3	1
9	3	6	1	5	2	7	8	4
1	4	7	8	6	3	9	5	2
4	1	9	5	2	8	3	7	6
3	6	8	7	1	9	2	4	5
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PHOTO: MAYA VISNYEY

Ceri Marsh & Laura Keogh
For Metro Canada

Thanks to pancetta this pasta has flavour to the power of 10 but you can also appreciate its healthy quotient of iron-packed spinach.

Ready in 30 minutes

Prep time: 8 minutes
Cook time: 22 minutes
Serves 4

Ingredients

- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved Asiago cheese

Directions

1. Bring a pot of heavily salted

water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve. Serve immediately.

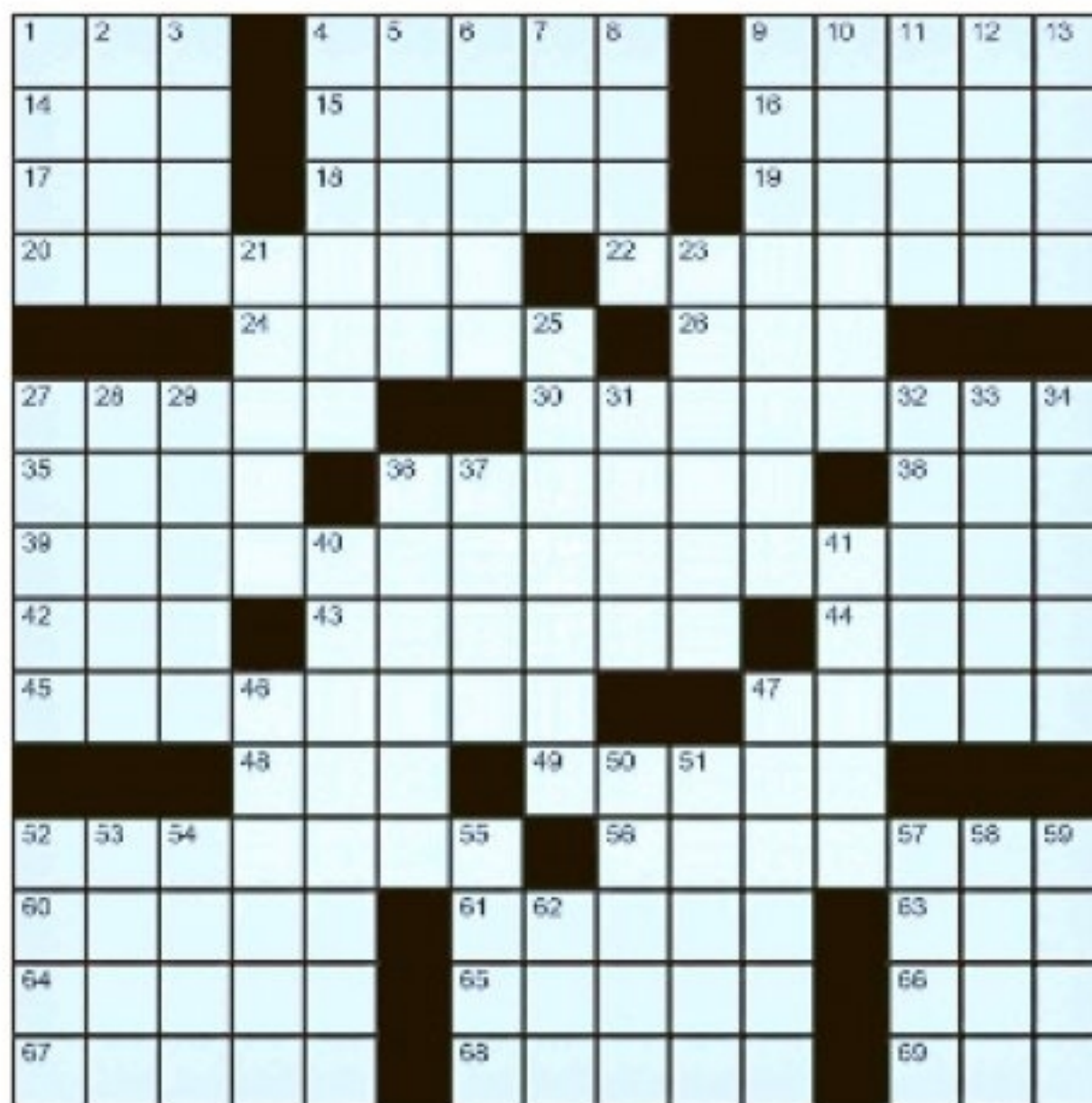
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ACROSS

1. Illinois' largest city, for short
4. The baby cow's
9. Suit jacket flap
14. Carry a tune, but without words
15. "Encore!"
16. Showbiz personality Ms. Stewart once married to rocker Rod
17. Austrian peak
18. Green/grey songbird
19. Carriage
20. Breezing through the test
22. Woodstock attendees
24. City in Quebec
26. Campaign
27. "Glee" actress Ms. Riley
30. Counterattack
35. Bread alternative for a sandwich
36. Groucho Marx facial feature, hip-style
38. Two-__ tissues
39. Newfoundland town on Placentia Bay; 2 wds.
42. Eyeball
43. The Beaver State
44. Filmed-one's function
45. Resembling a bird's home
47. Chesterfields
48. "Get movin'!"
49. Barnyard bedding
52. James Mattis, the current US Secretary of __
56. Reigning
60. Earth's layer of protection



61. Higher up
63. Ms. Thompson of "Caroline in the City"
64. Dundee's fave reptiles
65. Spur's little spiked wheel
66. "Tutor" suffix
67. Satisfies cravings

68. Downright mean
69. "Making Plans for Nigel" band

DOWN

1. Gent
2. Retro toy, __ Hoop
3. Pixies
4. Posh spooned-on serving with

5. Cosmetic surgery concern
6. "Key __" (1948)
7. "Disgusting!", giant-style
8. Highbrow
9. Worker
10. Reunion attendees

11. Book leaf side
12. Tech sch. grad
13. __ out the plans (Shows the blueprints)
21. Extract metal from ore
23. Tatiana Maslany's series, "__ Black"
25. Farms

27. Torch's work
28. 007 portray-er Roger
29. Sniffles
31. "__ Beach" by Martha & The Muffins
32. Leslie Nielsen's movie style
33. "Be-Bop-__" by Gene Vincent
34. Ancient harps
36. TV show
37. William Shatner's show, "Star __"
40. Sanctitude
41. Candice Bergen show, "Murphy __"
46. From that point, archaically
47. Way to give wise advice
50. Thinks, archaically
51. Strengthen, as an embankment
52. "Grey's Anatomy" pros
53. Better Than __ (Rock band)
54. Measurement in a person's height
55. Clear cash
57. Alberta village about half an hour east of Red Deer
58. In order in the house
59. Gym bag de-sweater
62. Anaconda, for one

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day for mental work, because you will be careful and will not overlook details. Furthermore, you will have the steady endurance to finish what you begin.

Taurus April 21 - May 21
Research will go well today because your mind is steady and focused. You will stay on track, looking for what you want to find until you find it.

Gemini May 22 - June 21
Someone older or more experienced might have excellent advice for you today. It never hurts to listen, does it?

Cancer June 22 - July 23
A conversation with a boss or parent will be instructive today. Both parties will make progress in a practical way, especially in terms of planning.

Leo July 24 - Aug. 23
This is a great day to study anything, because you have focus and concentration. Furthermore, you won't overlook or skip things.

Virgo Aug. 24 - Sept. 23
Discussions about shared property, inheritances, wills and insurance issues will go well today. You will be thorough in everything you do; plus, someone more experienced might help you.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends are serious today, because you are in a serious frame of mind. Furthermore, people who are older and more experienced will help.

Scorpio Oct. 24 - Nov. 22
You will get a lot done at work today because you are in a practical, hands-on frame of mind. Be ready to listen to a boss or a more experienced co-worker who might help you.

Sagittarius Nov. 23 - Dec. 21
This is a good day for practical planning regarding sports, future social occasions and anything related to kids. Get out a pen and paper, and start making a list.

Capricorn Dec. 22 - Jan. 20
This is a good day for family discussions, especially discussions with a parent or an older family member. You will come up with practical ideas for now and in the future.

Aquarius Jan. 21 - Feb. 19
This is an excellent day to do future planning. This planning might be personal or professional. Discussions with siblings and relatives will be serious and productive.

Pisces Feb. 20 - March 20
Value your moneymaking ideas today, because you are in a sensible frame of mind. You have practical ideas about how to deal with your assets.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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